



## AIDS - A COMMON TOPIC

**INSTRUCTIONS:** AIDS is a common topic of news reports and conversations around the world. Where have you heard about HIV/AIDS? Check the boxes below. Check all that are true for you, then compare your list with a partner.

**LEARNING STRATEGY:**  
OVERVIEWING - Linking a language activity with your own experience and/or knowledge

I have heard the subject of AIDS discussed...

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> in junior high school         | <input type="checkbox"/> in my family |
| <input type="checkbox"/> in high school                | <input type="checkbox"/> in songs     |
| <input type="checkbox"/> in a health class             | <input type="checkbox"/> in movies    |
| <input type="checkbox"/> at college                    | <input type="checkbox"/> on TV        |
| <input type="checkbox"/> by government officials       | <input type="checkbox"/> on the radio |
| <input type="checkbox"/> at the health center/hospital | <input type="checkbox"/> by friends   |
| <input type="checkbox"/> other:                        |                                       |

Think about some of the things you have heard people say about AIDS, or about people who have AIDS. Write a few of these comments here:



What facts do you know about AIDS? Talk about it for a moment with your partner, and maybe make some notes here (don't worry about knowing all the vocabulary in English!)

## **USING INTERNET** - JAPANetwork Web Site

### **INSTRUCTIONS:**

On your computer, access the web site Japan AIDS Prevention Awareness Network at <http://www.japanetwork.org>. In particular, you want to look at these pages to find answers to the following questions:

- Reading Passages (Intermediate and Advanced reading passages)
- Statistics
- News for 1998
- The Red Ribbon

1. If you have HIV, how long, on average, can you live without symptoms of AIDS?
2. What are some possible symptoms of HIV infection?
3. What are some possible diseases associated with AIDS?
4. Is it easier for a woman to catch HIV than it is for a man?
5. Worldwide, who is becoming HIV infected faster, women or men?
6. Can lesbians catch HIV?
7. How should you store (keep) condoms?
8. When an HIV+ mother gives birth to a baby, does the baby have HIV antibodies? Will the baby get AIDS?
9. When is World AIDS Day?
10. How many people have AIDS in Japan?
11. How many people have HIV in Japan?
12. How did the red ribbon symbol begin?

## **USING YOUR LIBRARY**

### **Medical Progress**

Look at copies of NEWSWEEK magazine for the week of December 9, 1996, page 57, and TIME magazine, pages 26 and 34, January 6, 1997. What are the cover stories about?

Scan the highlighted areas as quickly as possible to find answers to the following questions:

1. Who is Dr. David Ho?
2. Who is Dr. Robert (Bob) Gallo?
3. Who is Dr. Luc Montagnier?
4. Name three medicines some people with HIV take.
5. Are the medicines easy for people to take?
6. Are there any side-effects from the medicines? If so, what are they?



## Project: Keeping a Diary

Pre-task:

What are your favorite kinds of food and drink? With the others in your group, quickly make a list of all the kinds of things you like to eat, or eat regularly.

**LEARNING STRATEGY:**  
**USING A SYNONYM** - synonyms are words that have similar meanings. In conversation, if you can't think of the exact word you want, try talking "around" it, by using other words or phrases you already know.

Read the following information about people with AIDS. Can a person with AIDS eat all kinds of food that an HIV- person can eat? Why/why not? [Remember that AIDS is the stage when your immune system can no longer fight infections.]

### **Imagine you had HIV. How would this change your life and your daily routine?**

People with HIV who are taking medicines like AZT, DDI, protease inhibitors and others must take them regularly. If the prescription (instructions on how to take the medicine) says the person must take it every 4 hours, they **MUST** take it every 4 hours. If not, the virus might change itself and then the medicine might not work any more. So, you would have to wake up during the night to take your medicine. Other medicines must be taken **BEFORE** meals, and some **AFTER** meals.

Sometimes, people with HIV can't eat the same foods as people who don't have HIV. For example, raw or unpasteurized milk, cheeses such as Camembert and Brie, raw seafood and meats, raw eggs might contain bacteria and should be avoided. Some sources say that people with AIDS should avoid sugar, alcohol and caffeine as they can make you lose body moisture and can cause diarrhea. How would you feel if you couldn't have sushi, coffee, or sweets any more?

Sometimes people with HIV have trouble sleeping, or they sweat heavily at night and have to change the bed sheets during the night.

What advice about eating and shopping would you give a person who has a weak immune system? Work together to make a list of things the person should be aware of when cooking or shopping for food.

Example:

**Don't use the same knife when cutting meat as when you cut vegetables.**

### **Keep a diary for a week**

Knowing the information you've learned about HIV and AIDS, imagine that you do not have a very strong immune system. In your notebook, each day make an entry as though you were keeping a diary. It doesn't have to be long, but write your thoughts about what happened to you during the day, how you felt, both physically and emotionally, and any difficulties or successes you had that day.

Here's an example:

**Today I went to softball club as usual. Yoshimi and I practiced ground balls for a while, but I found that I got very tired and had to take a rest. Next weekend we have a game. My teammates are saying that if we win, they want to go out to dinner together, maybe for sushi. I'm a little worried about that because....**

### Scenario 1

Hiroshi is 51. He works hard at his company. Ten years ago, his company sent him and some other coworkers on a tour to Thailand. There he had unprotected sex. He caught HIV.

Today, he is developing symptoms of AIDS. He has problems with his liver (肝臓) and is also having trouble with his vision.

His family knows that he has HIV and they know how he acquired it.

How should his family support him? How would you feel if this were your father?

### Scenario 3

Mr. and Mrs. Matsuki have just received a telephone call from a social worker in Boston (USA). The social worker says that their son had been admitted to the hospital with pneumonia [nu•mo•nya] (肺炎). She says that he has lost most of his immune system because of his HIV infection. He is very weak.

The Matsuki's didn't know their son was sick or that he had HIV.

What should they do?

### Scenario 5

Chiho has HIV. She lives with her husband and 2-year-old daughter in a small apartment in Tokyo. Her parents live in Kyushu. Her daughter and husband have not been infected.

Chiho always feels very tired. She has a low fever. She does not have much energy. She takes many different kinds of medicines every day. Some days she feels so tired she cannot get out of bed. She is worried about how she is going to take care of her daughter.

What should she do?

### Scenario 2

Akiko works in a hotel. Her shift changes often. Sometimes she works the day shift, sometimes the night shift.

Akiko has had HIV for about 5 years. She takes medicines to help keep her healthy. She also takes medicines to stop the HIV virus from making copies of itself.

She has to take her medicines at different times every day; after eating, with meals, between meals with a light snack. She is not sure how to take her medicine when she is eating lunch or dinner with her coworkers. She doesn't want them to know she has HIV because she is afraid they will not want to work with her.

What should she do?

### Scenario 4

Keiko's boyfriend has AIDS. She does not have HIV. She goes to the hospital every day to see him. She is very tired and always emotionally upset. She thinks she can't talk to her family or friends about it because everyone might think she has HIV, too.

What should she do?

### Scenario 6

Mark is a high school math teacher. He knows that in his city, many young people are catching HIV. He wants to teach them the facts about AIDS, but he is afraid of what the other teachers will say. He does not teach health classes, so he doesn't know how to talk to his students about it. Also, he might lose his job if he talks about AIDS in class because many parents do not want their children to learn about sex at school.

What should he do?